



## Weight Management Programs

### HMR Healthy Solutions®

HMR Healthy Solutions® is an intensive weight-loss and lifestyle-change program designed to help you lose weight fast and build healthier routines that last. Ranked No. 1 for Fast Weight Loss by U.S. News & World Report, HMR takes the guesswork out of losing weight through easy to follow food plans using HMR entrees and shakes plus fruits and vegetables. HMR Healthy Solutions® includes weekly classes, individual support, and accountability. Participants lose an average of 28 - 37.5 lbs. in 12 - 26 weeks.

### Group Lifestyle Balance

The Group Lifestyle Balance Program (GLB) is a year-long program that provides education, encouragement and the tools necessary to help individuals lose weight and reach their healthy lifestyle goals. The main goal of the program is for participants to lose 7% of their body weight by:

- Tracking food intake and staying within a calorie and fat goal, each day.
- Tracking physical activity with a goal of 150 minutes per week.
- Privately weighing in each class session.

### Dietitian Consults

Meet 1-on-1 with a registered dietitian to address a wide variety of nutrition or lifestyle related concerns. Our dietitian will work with you to create a customized nutrition plan to meet your individual needs. Topics may include:

- Weight loss
- Digestive health (irritable bowel syndrome, celiac disease, reflux, etc.)
- Vegetarian or plant-based nutrition
- Nutrition for exercise and building muscle
- *And more!*

### Activity Coaching

Meet 1-on-1 with an exercise physiologist or certified health coach to discuss your physical activity goals and create a personalized activity plan. This three-week coaching series consists of an initial 30-minute appointment followed by two 20-minute follow-up appointments.

### MedGem Metabolism Testing

This test will help you determine how many calories your body uses per day; perfect for anyone trying to lose, maintain or gain weight. The MedGem is an easy-to-use, handheld breathing device that accurately measures oxygen consumption (VO<sub>2</sub>) to determine resting metabolic rate (RMR); the number of calories your body burns at rest. The appointment takes about 20 minutes and is followed by a 20-minute consultation by a Registered Dietitian.

### InBody 570 Body Composition Testing

The InBody 570 machine gives you a complete picture of your body composition using bioelectrical impedance. It measures the following with up to 99% accuracy:

- Lean Body Mass
- Body Fat Mass
- Segmental Analysis - Measures each arm and leg as well as trunk independently
- Basal Metabolic Rate
- Visceral Fat Score

**Register at [courseregistration.inhs.org](https://www.courseregistration.inhs.org) or call 509-232-8138**